

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

November 18, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

November is

National Epilepsy Awareness Month

I'd like to put a copy of the *Get Seizure Smart!* quiz into as many hands as possible. Please print the quiz (on our **employee section of the school website**). By taking the quiz, you will learn more about epilepsy and what to do if someone has a seizure. Please take the quiz and see what you know!
— FROM YOUR SCHOOL NURSES

The Sunshine Vitamin

Vitamin D is known as the sunshine vitamin because it is produced by the body in response to sunlight. It also occurs naturally in fish, fish liver oils, egg yolks and in fortified dairy and grain products. Vitamin D helps the body use calcium from our diets to strengthen bones.

In the past, vitamin D deficiency has been linked to a disease known as rickets, where bone doesn't mineralize properly. Research is now showing the importance of vitamin D in protecting against many health problems.



Vitamin D deficiency can occur for many reasons:

- ✧ Not consuming the recommended levels, especially those who follow a strict vegan diet.
- ✧ Having limited exposure to sunlight.
- ✧ Having dark skin pigment.
- ✧ Being elderly—As people age their kidneys are less able to convert vitamin D to its active form.
- ✧ Unable to adequately absorb vitamin D in your digestive tract due to other medical problems.
- ✧ Being overweight with

.... Continued to Pg. 2

Welcome!

We are fortunate to have Leean Curtsinger join the high school staff as Cafeteria Manager. Leean is a resident of Nelson County. Please help us in welcoming her to the school community.
— Rebecca Gordon, Food Service

Parent to Parent December Meeting

Thursday, Dec. 9, 6:00—7:30

at The Cooperative Extension Office on Spears Dr.

This month will be a Holiday Potluck — We will have a great Holiday Dinner, lots of socializing, a “Surprise Activity,” Family Gifts for All, and **LOTS AND LOTS OF FUN!!!!** We hope you can join us. Just **bring a dish to share! (Must RSVP by 12/3)**

Our Parent Support Group is designed to give you practical and helpful advice to help strengthen you as a parent. Best of all, you will meet other parents and caregivers just like you who want the best for their children and families! Please **RSVP to Renita Murphy: 502-477-9917 by Friday, December 3rd** to make sure we have gifts for all families!

Free Childcare, Free Dinner and Free Gifts

Spencer County “Parent to Parent” Support Group is made possible by funding from OFL and Seven Counties.

In Sympathy

We want to extend our sincere condolences to these two that have lost loved ones.

Nikki Early's grandmother passed away on Sunday, November 14th.

Jodette Keefe lost her mother on Monday, November 15th. Both of these ladies are employed in our Transportation Dept.

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Time for Angels

The Family Resource & Youth Service Center now has names of families in need of assistance at Christmas. If your club or group would like to ‘adopt’ a child, please give us a call at 477-6934 or 477-3202 or feel free to e-mail us.

Gifts must be returned to First Christian Church on Main Cross Street, or Family Resource/ Youth Service Center by Friday, December 17th. Thanks so much for your support.

— Becky Wilson, Teresa Buechele, Kaye Lloyd, Lenna Allison, Eleschia Murphy & Vonda Martin

Monthly Board Meeting

The November Board of Education Meeting will be held Monday night, **Nov. 22, at 6:30 p.m.** in the Spencer County Elementary School cafeteria.

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## Vouchers to Borders Support SCHS Media Center

If you are planning to buy books or items from Borders or [www.borders.com](http://www.borders.com) the SCHS library media center is having **BENEFIT DAYS** at **Borders** on Hurstbourne Lane, **December 4-5, 2010**. Please purchase from the store or online at [borders.com](http://borders.com) on those days so that a percentage of the net sales will be donated to the SCHS library media center.

Present the voucher (attached to email and on website) at the time of purchase, or when ordering **online use the promo code SPCHS1204G**. Print as many vouchers as you like and give some to those you meet. It's a great way to help your school library **and** give yourself or someone else a lasting gift.

— Marlene Kleinjan  
SCHS Library Media Specialist

**WANTED:** (free if possible) Clean **Hide-A-Bed** Couch. Must be in good shape. Will buy or just come and get it out of your way. Call or email Jim Oliver, 477-3267.

(free if possible) **Dog house** for medium-size dog. **Cat** also needs a house. PLEASE call Jack, 354-0061



## FOR SALE

Country **sausage**: 3 lb. rolls for \$6.00. Mild or Hot. Please call Nancy Humphrey, 477-8338 or 220-2289

Maple bedroom suit with queen size bed including mattress & box springs, chest of drawers, and nightstand. Asking \$400 or Best offer. Jennifer Seaton, 422-0467

**Mark Your Calendars!**

## **21st Annual FFA Farm Toy Show**

**BUY \* SELL \* TRADE**



Spencer County High School, 520 Taylorsville Road, Taylorsville KY 40071

Friday, **DEC. 10: 6:00 - 9:00 P.M.** & Saturday, **DEC. 11: 9:00 A.M. — 3:00 P.M.**

**SETUP** FRIDAY 3:30 TO 6:00 P.M.; SATURDAY 7:30 TO 9:00 A.M.

**ADMISSION: \$5.00, under 5 Free (Sellers: Each Table \$20.00)**

**DOOR PRIZES AND CONCESSIONS**

**FOR INFORMATION: BLAND BAIRD 502-477-3255 OR 639-0138**

**FARMSCAPE ENTRIES INVITED—MODEL COMPETITION**



**Continued from Pg. 1**

- ✧ a body mass index >30 as vitamin D is taken from the blood by fat cells, altering its release into the circulation.  
The normal range for vitamin D is 30-74ng/ml. This can be measured through simple blood testing.  
Treatment to increase your vitamin D levels involves getting more through diet, supplements and spending more time in the sun. If you are always careful to use sunscreen, which inhibits vitamin D production, you should speak to your doctor about taking a supplement. ***From your School Nurses***

### **BENEFIT for CARL PHELPS MEMORIAL FUND**

**CHILI SUPPER + SILENT AUCTION + LIVE MUSIC**

Saturday, **Dec. 4th** from 4:00—8:00 pm at the

Open Door Christian Center, 2345 Taylorsville Rd, Bloomfield. (Mavis Bennett's church.)

For Tickets or Questions call Michelle Marksburly

Housley 422-2478 or Patti Cotton 345-6011

Advance Tickets—\$5.00 ; Tickets @ Door—\$7.00

**NOTE: Accepting donated items for Silent Auction\***

See attached flyer on email

### **Looking for a little different 'side' to serve ?**

Coolio, Grammy Award-winning rapper and author of *Cookin' with Coolio: 5 Star Meals at a 1 Star Price* got together with NPR's Susan Stamberg this week.

"The color is a little weird, but it was actually quite good," Coolio says, after sampling the Pepto-Bismol-hued relish on a smoked turkey sandwich, adding some mustard, mayo and melted cheese.

Stamberg noted, her mother-in-law got this favorite recipe from a 1959 *New York Times* clipping of Craig Claiborne's recipe and broadcast it first in 1972.

### **Mama Stamberg's Cranberry Relish** Makes 1 1/2 pints

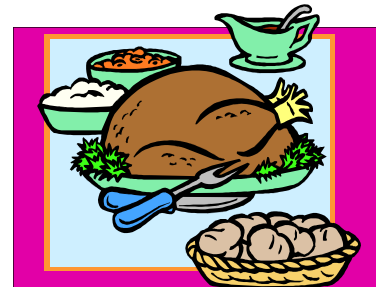
*This relish has a tangy taste that cuts through and perks up the turkey and gravy.  
It's also good on next-day turkey sandwiches or with roast beef.*

- 2 cups whole raw cranberries, washed
- 1 small onion
- 3/4 cup sour cream
- 1/2 cup sugar
- 2 tablespoons **horseradish** from a jar ("red is a bit milder than white")

Grind the raw berries and onion together. (Find a setting on the food processor that will give you a **chunky** grind, not a puree.) Add everything else and mix. Put in a plastic container and freeze.

Early Thanksgiving morning, move it from freezer to refrigerator compartment to thaw. ("It should still have some little icy slivers left.")

The relish will be thick, creamy and shocking pink. ("OK, Pepto-Bismol pink.") **(National Public Radio—89.3 FM)**



### **November - American Diabetes Month**

The American Diabetes Association has a world of information, from news on a successful pancreas transplant in Italy to all sorts of recipes, including desserts. Go to <http://www.diabetes.org/> to learn about and help stop Diabetes!

Urgent action is needed because nearly 24 million American children and adults now have diabetes, another 57 million Americans are at high risk of developing the disease, and the total annual diabetes-related costs may exceed \$218 billion.

Since 1987, the death rate from diabetes has increased by 45% while the death rates from cancer, heart disease, and stroke have declined. Two out of every three people with diabetes will die from heart disease or stroke. If current trends continue, one-third of all children born in the United States (and half of all minority children) will face a future with diabetes.

**KNOW YOUR 5** - Your Life-Saving Numbers: **Blood Pressure ~ Waist Size ~ Weight ~ Cholesterol ~ Fasting Blood Sugar**